



# Magnetic Interventions for Gastroesophageal Reflux

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Current therapy for gastroesophageal reflux disease (GERD) is generally reported to be overall unsatisfactory by gastroenterologists, surgeons, and patients. About 40% of patients are resistant or only partial responders to proton-pump inhibitors (PPI) therapy [1, 2], and even doubling the dose may be inadequate to relieve regurgitation and improve quality of life. In addition, there are growing concerns over the long-term consequences of chronic acid suppression (reduced vitamin B12 and magnesium absorption, interaction with clopidogrel, risk of *Clostridium difficile* infection, hypergastrinemia, enterochromaffin-like cell hyperplasia, parietal cell hypertrophy leading to rebound acid hypersecretion, and risk of gastric cancer) [3–5]. Lastly, PPI therapy does not have any direct pharmacologic impact on the dynamics of the lower esophageal sphincter (LES) and the crural diaphragm. Persistent non-acid reflux and nocturnal acid breakthrough can still occur despite maximal PPI therapy and may lead to volume regurgitation with pulmonary aspiration and Barrett’s metaplasia, the major risk factor for esophageal adenocarcinoma [6, 7].

Surgical therapy has the potential to cure GERD by reinforcing both the intrinsic (crural

diaphragm) and the extrinsic sphincter (LES). Because of equivocal evidence and lack of robust and high-quality randomized trials, current guidelines suggest that the choice of an antireflux procedure should be left to the discretion of the individual surgeon and best suited to the individual patient [8–10]. The laparoscopic Nissen fundoplication remains the current gold standard and has been shown to be safe, effective, and durable when performed in specialized centers [11]. Systematic review and meta-analyses [12] and randomized clinical trials [13] suggest that the Toupet fundoplication provides equivalent results in terms of reflux control and a lower rate of side effects compared to the Nissen fundoplication, especially in patients with defective esophageal body motility and in those with increased esophageal hypersensitivity.

Despite the remarkably low incidence of morbidity and mortality rates, fundoplication is underused due to the perception of long-term side effects and fear of failure [14]. Also, variability in clinical outcomes related to inter-individual surgical expertise and/or unvalidated technical modifications [15] has limited the adoption of this procedure, especially in patients with early-stage GERD. Patients undergoing a Nissen fundoplication are especially at risk for potential side effects of the procedure such as bloating, the inability to belch and vomit, and the occurrence of persistent dysphagia that may occasionally require revisional surgery [16]. These are the main reasons why gastroenterolo-

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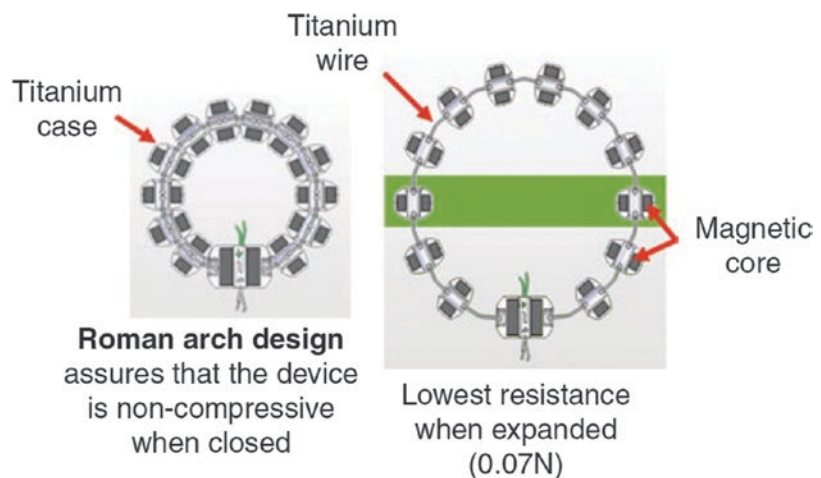
gists tend to refer for fundoplication only patients with long-lasting severe disease and large hiatal hernias.

A downward trend in the utilization of surgical fundoplication was noted in the USA over the past decade [17–19]. The decline in surgical volume has been attributed to the perceived risk of fundoplication failure, to the availability of over-the-counter PPI and endoscopic therapies, and to the rise of bariatric surgery. Paradoxically, underutilization of antireflux procedures is in contrast with the increasing recognition of GERD as a progressive disease leading to carditis, cardiac metaplasia, intestinal metaplasia, and eventually adenocarcinoma of the distal esophagus [20, 21]. The limitations of both PPI therapy and fundoplication have led many patients and clinicians either to tolerate a lifetime drug dependence with incomplete symptom relief or to undertake the risk of a surgical procedure that alters gastric anatomy, may have side effects, and may deteriorate over time. The Linx™ Reflux Management System is an FDA-approved device designed to provide a permanent solution to gastroesophageal reflux disease by augmenting the LES barrier with a standardized laparoscopic procedure. The Linx can be used with the intent to prevent progression of early-stage GERD or to treat established and more advanced disease associated to hiatus hernia.

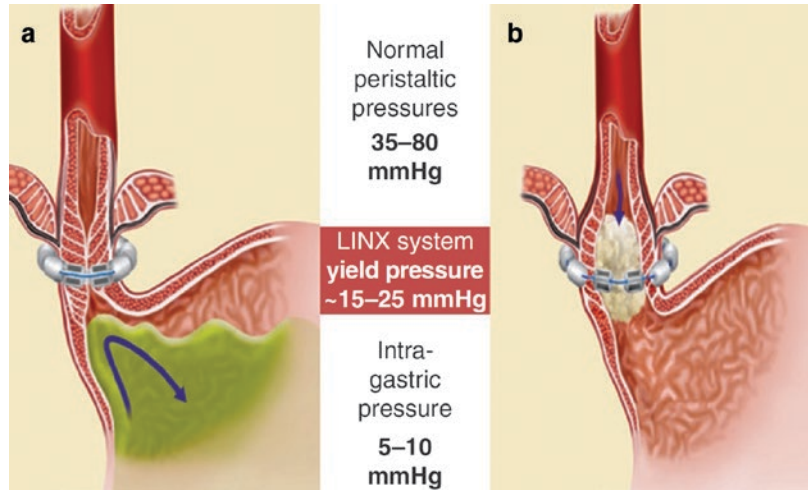
## Magnetic Sphincter Augmentation

The Linx is a mechanical device designed to augment the physiologic barrier to reflux by magnetic force. The device is manufactured in different sizes and consists of a series of biocompatible titanium beads with magnetic cores hermetically sealed inside. The beads are interlinked with independent titanium wires to form a flexible and expandable ring with a Roman arch configuration (Fig. 4.1). At rest, each bead is in contact with adjacent beads. The beads can move independently of the adjacent beads, creating a dynamic implant that does not compress the esophagus and does not limit its range of motion upon swallowing, belching, and vomiting (Fig. 4.2). Rather, the Linx device prevents reflux by limiting distension of the esophagogastric junction in response to challenges of intragastric pressure. Separation of the beads occurs when intragastric pressure overcomes the magnetic attraction force and is independent of the number of beads contained in the device. The Linx, while augmenting the LES, allows for expansion to accommodate a swallowed bolus or the escape of elevated gastric pressure associated with belching or vomiting. During the healing process after implantation, the device is encapsulated in fibrous tissue but is not incorporated in the esophageal wall [22]; this makes possible to remove the device without damaging the esophagus. The

**Fig. 4.1** Design of the Linx device. (From Mihura and Louie [48]. Reprinted with permission)



**Fig. 4.2** Mechanism of action of the Linx device in the closed (a) and in the open (b) position. (From Mihura and Louie [48]. Reprinted with permission)



Linx has recently received magnetic resonance imaging (MRI) approval for scanning in systems up to 1.5 Tesla.

### Preoperative Work-Up

The preoperative assessment of patients who are candidates for a Linx procedure is essentially similar to any other antireflux intervention. Routine testing includes a barium swallow study, upper gastrointestinal endoscopy with biopsies, esophageal manometry, and esophageal pH monitoring. In selected patients, gastric emptying scintigraphy may be performed.

### Surgical Technique

Compared to the current surgical standard, the Linx procedure in patients without hiatus hernia requires minimal dissection and preservation of the phrenoesophageal ligament [23]. The device is implanted with a standard laparoscopic approach under general anesthesia. There is no available data supporting the use of single-port access, three-dimensional camera, or robotics for performance of the Linx procedure. The steps of the procedure are illustrated in Fig. 4.3. Surgical dissection begins by dividing the peritoneum on the anterior surface of the gastroesophageal junction below the insertion of the inferior leaf of the phrenoesophageal ligament and above the junction

of the hepatic branch to the anterior vagus nerve. The lateral surface of the left crus is dissected from the posterior fundic wall without dividing the short gastric vessels. The gastro-hepatic ligament is opened above and below the hepatic branch of the anterior vagus nerve to facilitate preparation of the retro-esophageal window. Gentle dissection from the right side is made toward the left crus just above the crural decussation to identify the posterior vagus nerve. A tunnel is created between the vagus and the posterior esophageal wall, and the esophagus is encircled with a Penrose drain. The circumference of the esophagus is measured to determine the proper size of the Linx device to be implanted. The sizing tool is a laparoscopic instrument with a soft, circular curved tip actuated by coaxial tubes through a handset. The handset contains a numerical indicator that corresponds to the size range of the Linx device. The sizing tool is placed around the esophagus in the tunnel dissected between the esophageal wall and the posterior vagus nerve bundle. The Linx device of appropriate size is introduced through the tunnel, and the opposing ends are brought to the anterior surface of the esophagus and simply connected together by engaging the two clasps. The decision to proceed with a posterior hiatal repair depends on the severity of GERD as assessed preoperatively, and the size of the hernia that is confirmed intraoperatively. Occasionally, simple correction of crura diastasis with one to two nonabsorbable stitches may be indicated. However, in the presence of hiatal hernia greater than 2 cm, division of



**Fig. 4.3** Surgical steps of the Linx procedure. (a) The phrenoesophageal ligament is preserved and a tunnel is created between the posterior vagus nerve and the esophageal wall. (b) The circumference of the esophagus is mea-

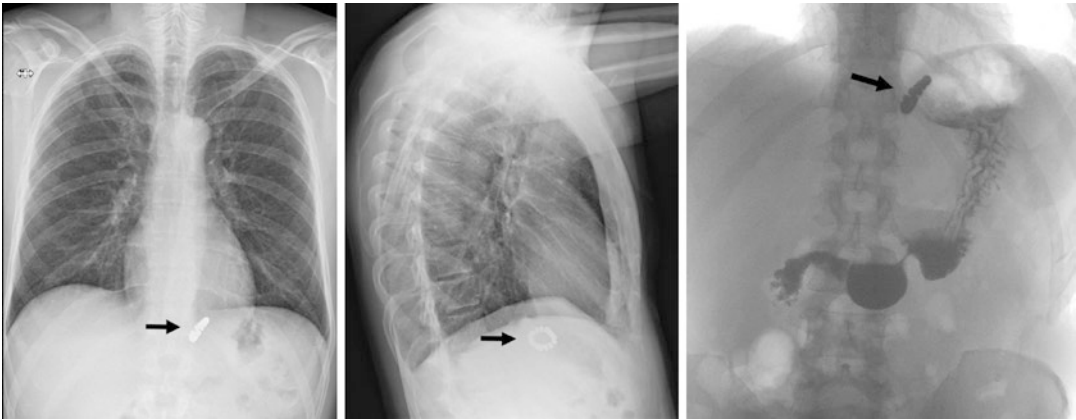
sured using a special sizing tool. (c) Linx device locked in front of the esophagus after engagement of the two clasps. (d) No hiatus closure (minimal dissection). (e) Formal mediastinal dissection and posterior crura repair

the phrenoesophageal ligament and full mediastinal dissection is recommended to obtain an adequate length of intra-abdominal esophagus.

### Postoperative Management

Patients are discharged the same day of surgery or on the first postoperative day after obtaining a chest film to control the position of the Linx

(Fig. 4.4). Patients are encouraged to chew well, eat five small-volume meals during the day, and gradually discontinue PPI therapy. Dysphagia is considered normal during the first 3 months after surgery, with a peak generally occurring between the third and the sixth postoperative week. In such circumstances, a temporary switch to a semiliquid diet is recommended. Persistent dysphagia may occasionally require a short course of steroids and/or endoscopic pneumatic dilation.



**Fig. 4.4** Chest film and barium swallow study after Linx implant

### Overview of Clinical Experience

Since the first human implantation in 2007, all reported studies investigating the long-term clinical outcomes of the Linx device have confirmed a high rate of symptom relief, discontinuation of PPI therapy, objective reduction of esophageal acid exposure, and improved quality of life. The feasibility study included 44 patients implanted with the Linx at 4 study centers in the USA and in Europe between February 2007 and October 2008; the short-term, midterm, 4-year, and final results of this study have been previously published [23–26]. Patients served as their own control to assess the effect of treatment on symptoms, use of PPI, and esophageal acid exposure. The primary criteria for inclusion in the feasibility trial were age >18 and <85 years, typical reflux symptoms at least partially responsive to PPI therapy, abnormal esophageal acid exposure, and normal contractile amplitude and wave form in the esophageal body. The primary criteria for exclusion from the trial were history of dysphagia, previous upper abdominal surgery, previous endoluminal antireflux procedures, sliding hiatal hernia >3 cm, esophagitis >grade A, and/or the presence of histologically documented Barrett's esophagus. Patients with abnormal manometric findings (distal esophageal contraction amplitude of less than 35 mmHg on wet swallows or <70% propulsive peristaltic sequences) were also excluded. All Linx devices were successfully

implanted via a standard laparoscopic approach. The median operative time was 40 minutes. No intraoperative complications occurred. Patients were instructed to resume a regular diet after a chest film and radiological assessment of the esophageal transit were performed. Forty-three percent of patients complained of mild dysphagia during the postoperative period; in all individuals the symptom resolved by 90 days without treatment. Thirty-three patients (75%) were followed up to 5 years. The mean total GERD-HRQL score off PPI significantly decreased from 25.7 at baseline to 2.9, and 94% of patients had a greater than 50% reduction in the total score compared to baseline. Complete cessation of PPI or a reduction of 50% or more of the daily dose was achieved by 88% and 94% of patients, respectively, and 91% of patients declared to be satisfied with their current condition. Esophageal pH testing was completed in 20 patients at 5 years: 85% of patients either achieved normal esophageal acid exposure or had at least a 50% reduction from baseline, and 70% of patients achieved normalization of the pH profile. Three patients were explanted: one because of persistent dysphagia, one because of the need to undergo magnetic resonance imaging, and the last one elected to have a Nissen fundoplication for persisting GERD symptoms. All removals were safely performed via laparoscopy.

Similar rigorous inclusion criteria and perioperative subjective and objective assessment

were used for a larger multi-institutional study involving 100 patients at 13 centers [27]. Significant improvements were seen in GERD-related quality of life, regurgitation, and esophageal acid exposure. Use of PPI dropped to 13% at 3 years and patient satisfaction with reflux control increased to 94% after implantation. Importantly, these positive results were stable showing no degradation over the study time period. Although 14% of patients reported bloating after implantation, no patients rated this symptom as severe. Patients retained their ability to belch and vomit. Dysphagia was present to some extent in 68% of patients but decreased to 4% by 3 years. Five percent of patients rated the dysphagia as severe, and the device was removed in three of them with complete symptom resolution.

Two single-center studies have further validated the efficacy of the Linx procedure. In Milan, Italy, 100 consecutive patients underwent Linx implantation between 2007 and 2012. The median implant duration was 3 years. There was a significant reduction of acid exposure time and improvement of GERD-HRQL score; freedom from daily dependence on PPI was achieved in 85% of the patients [28]. Another study from the USA, including 66 patients with an average follow-up of 5.8 months, showed similar satisfactory results [29].

Three recent case-control studies found comparable control of reflux symptoms after surgical fundoplication or Linx implant. However, in the Nissen fundoplication group, there was a higher rate of patients with inability to belch and vomit, along with more severe gas-bloat symptoms, whereas quality of life scores were similar in patients treated either by Linx or Toupet fundoplication [30–32]. A recent meta-analysis comparing Linx and fundoplication reported that the former was associated with less gas-bloat symptoms and an increased ability to vomit and belch, while PPI suspension rate, dysphagia requiring endoscopic dilatation, and GERD-HRQL were similar in the two patient groups [33].

It has been reported that the short-term results of the Linx procedure combined with systematic crural repair appear more favorable compared to

Linx alone regardless of the size of hiatus hernia [34–38]. A multivariate logistic regression analysis confirmed that full mediastinal dissection with restoration of intra-abdominal esophageal length and crural repair was most likely to normalize esophageal acid exposure [39].

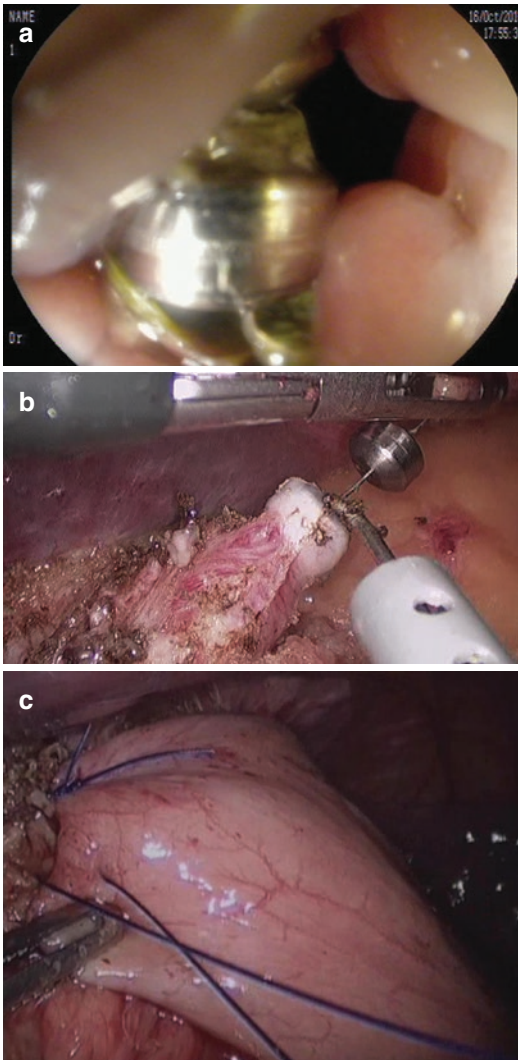
Regression of Barrett's has been observed in 72% of patients at 1 year after Linx implant; interestingly, patients with short-segment intestinal metaplasia in whom esophageal acid exposure reversed to normal were more likely to achieve regression [40]. It appears that early recognition of GERD is critical to prevent long-term complications, even in patients under continuous acid-suppressive medication [41]. A retrospective single-center review of 553 patients showed that the factors associated with a favorable outcome of the Linx procedure are age younger than 45 years, male sex, GERD-HRQL > 15, and an abnormal DeMeester score [42].

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## Safety Profile

Concerns regarding the safety of this operation, especially the fear of erosions, stem from past adverse experience with the Angelchik device and, more recently, with the gastric banding device. An analysis of the safety profile of the first 1000 worldwide implants in 82 hospitals showed 1.3% hospital readmission rate, 5.6% need of postoperative endoscopic dilations, and 3.4% reoperation rate [43]. All reoperations were performed electively for device removal. The most common symptoms were dysphagia and recurrence of reflux symptoms. In addition, 7% of patients enrolled in the US multicenter single-arm trial had the device removed due to persistent dysphagia in four, vomiting in one, chest pain in one, and reflux in one [44]. A study reported the results of reoperations for laparoscopic Linx removal in a series of 164 consecutive patients [45]. The reoperation rate was 6.7%, and a partial fundoplication was most commonly associated to Linx removal. The main presenting symptoms requiring device removal was recurrence of heartburn or regurgitation in 46%, dysphagia in 37%, and chest pain in 18%. In two patients

(1.2%), full-thickness erosion of the esophageal wall with partial endoluminal penetration of the device occurred (Fig. 4.5). The median implant duration was 20 months, with 82% of the patients being explanted between 12 and 24 months after the index operation. Operative time ranged from 25 to 150 minutes and postoperative course was uneventful. At the latest follow-up (12–58 months), the GERD-HRQL score was normalized in all patients.



**Fig. 4.5** Endoscopic view of erosion of Linx device (a) requiring laparoscopic removal (b) and Dor fundoplication (c)

## Conclusion

The Linx procedure was developed to address the unmet needs of patients with unsatisfactory response to medical therapy and those with early-stage GERD who would not usually be considered ideal candidates for fundoplication [23, 46–49]. The Linx is highly effective in reducing typical symptoms with a favorable side-effect profile and therefore provides a standardized and physiological alternative to fundoplication. A randomized clinical trial has shown the superiority of Linx compared to daily PPI therapy in controlling moderate to severe regurgitation and reducing esophageal acid exposure [50]. Safety issues such as device erosions or migrations have been rare and not associated with mortality. The Linx can be easily removed if necessary, thereby preserving the option of fundoplication in the future. Among the potential limitations of this procedure are the current contraindication to undergo scanning in MRI systems >1.5 Tesla and the potential long-term consequences of a permanent foreign body implant. Randomized trials are needed to definitively assess the effectiveness of the procedure and to establish at which stage of disease severity magnetic sphincter augmentation may prove superior to fundoplication.

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